

**A
FREE
COMMUNITY
PROGRAM**

Arthritis Foundation Walk With Ease



*Live Your
Best Life...*

Meets Mondays, Wednesdays & Fridays

September 11 - October 20, 2017

8:00 - 9:00 am

About This Program

- 1 hour 3 times a week for 6 weeks
- Trained peer leaders share helpful information about living with arthritis
- Workbook included (an \$11.95 value!)

Benefits

- Feel better, be more active
- Reduce pain and stiffness
- Have more energy
- Feel confident that you can manage your arthritis
- Meet new people and gain social support



Space is limited!

You must attend one of the first two sessions to secure your place in the group.

Workshop Location:

LA Oasis Westside
10730 W. Pico Blvd.
Macy's 3rd Floor
Los Angeles, CA 90064

**Register in person
or online at**

<https://www.oasis.org/la>

**For questions, please call:
(310) 446-8053**

Supports self-management of ongoing health conditions such as arthritis, heart disease, diabetes, high blood pressure, lung disease, and cancer

Walk With Ease

F A C T S H E E T

About **'Walk With Ease'**

- **No-Cost** on-site workshops
- Meets 1 hour 3 times a week for 6 weeks
- Trained peer-leaders
- Gives you tools to live a healthier life
- Evidence-Based Self-Management Program from the Arthritis Foundation

Workshop Components

- About arthritis
- Managing symptoms and flare-ups
- Warm up
- Cooling down
- 10-15 minutes of walking, building up to 30 minutes
- Go at your own pace!

How Can It Help Me?

- Reduce arthritis pain and stiffness
- Feel less tired
- Increase your stamina, strength and balance
- Be more active and independent
- Feel more confident that you can control your arthritis

To Register: Visit our website: <https://www.oasis.org/la>
or stop by the office and register in person

WISE & HEALTHY AGING

TRAINING & EDUCATION CENTER

A NONPROFIT ORGANIZATION COMMITTED TO EXCELLENCE IN EDUCATION

Evidence-Based Health Promotion Programs for Older Adults